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Health officials in Manitoba say hookup apps such as Grindr are making it difficult to get a handle on the worst outbreak of syphilis Winnipeg has seen in decades. ELISHA DACEY/METRO

Hookup apps cited for worst syphilis outbreak on record

Times change. Health officials adapt to new technology to reach those at risk

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg is in the midst of the worst syphilis outbreak ever recorded, and health officials say social media is both helping spread the disease and hampering efforts to connect with those at risk.

Sixty cases of the sexually transmitted disease have been reported in the city so far this year. Dr. Pierre Plourde, one of the Winnipeg Regional Health Authority's medical officers of health, said almost all are men who have had sex with men they've met through hookup apps such as Grindr and Squirt.

"That's totally new," explained Plourde, who said this outbreak is nearly twice as bad as the last the city saw 10 years ago when 40 cases were reported in a year. "During the last outbreak, the men were meeting primarily in bathhouses and they were much easier to actually track down and get treated.

"But now, when you're meeting in a virtual space, it's really tough for public health."

While syphilis can cause serious health problems if left untreated, Plourde said if caught reasonably early it can be cured with as little as one round of antibiotics.

Tracking down those who have had sex with an infected person is more difficult now because of the anonymous nature of the websites and phone apps many are using to meet.

"We need to find everybody you've had sex with when you have syphilis because there's a 50/50 chance that they'll be infected, too," explained Plourde, who said the WRHA has bought ads on some of the sites in an attempt to get users to go for regular testing.

"Public health is now in a big learning curve trying to figure how to use ... social media to control the spread."

Quoted

"Public health is now in a big learning curve trying to figure how to use ... social media to control the spread."

Dr. Pierre Plourde, medical officer of health, Winnipeg Regional Health Authority

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Lawyer for Lori Douglas decries 'state-sponsored victim-blaming'

Lawyer Sheila Block argued the case against Associate Chief Justice Lori Douglas should be thrown out.
JOHN WOODS/THE CANADIAN PRESS

Shades of celebrity hacking scandal? Case against Manitoba judge facing dismissal over nude photos should be tossed, panel told

A lawyer for a senior Manitoba judge facing removal over nude photographs her husband posted of her on the Internet compared her Monday to celebrity hacking victims who have faced the same fate.

Sheila Block, who represents Associate Chief Justice Lori Douglas, argued the case should be thrown out because it punishes the victim.

Block said it doesn't make sense to subject Douglas to another lengthy disciplinary tribunal that equates to "state-sponsored victim-blaming."

Block told a panel of judges that they shouldn't put Douglas through more trauma, because she was a victim twice over: of her husband, who died of cancer in the spring, and of a man bent on extortion and revenge.

Suzanne Cote, independent counsel to the inquiry panel, argued the case should be heard and decided on its merits. If the panel decides to entertain dismissing the case, she should be allowed to cross-examine witnesses and present evidence, Cote said.

Block told the panel Canada is "coming out of the Dark Ages" when it comes to distributing explicit photos without consent. What happened to Douglas is akin to severe cyberbullying or "cyber sexual assault," the lawyer suggested. She compared it to the recent celebrity hacking scandal that saw intimate photos of actors Jennifer Lawrence and Scarlett Johansson posted online.

"Distributing nude photos without consent isn't a scandal, it's a sex crime," Block said.

Douglas's husband, Jack King, posted intimate photos of his wife online and showed them to a client, Alexander Chapman, in an attempt to entice him to have sex with her.

King and Douglas were both lawyers at the time.

Chapman later alleged the behaviour was sexual harassment and was paid $25,000 to destroy the photos and drop the complaint. But he held on to copies of the pictures and made them public in 2010.

Douglas has been on a paid leave of absence since 2010.

THE CANADIAN PRESS

U-Pass student vote coming up this week

Jenny Gerbasi says the U-Pass is an important step for students. METRO FILE

The future of a universal bus pass for post-secondary pupils is now in the hands of students at the universities of Manitoba and Winnipeg.

A vote at the U of M on the U-Pass plan, which would see all undergraduate students pay $260 for the school year, is taking place Wednesday to Friday.

Last week, Coun. Jenny Gerbasi attended a transit panel organized by the University of Manitoba Students' Union.

Gerbasi said she has no plans on interfering with either referendum — she simply wants to answer any questions students may have.

"This is a really important step, I think, for students," she said, adding that the U-Pass would be "significantly less than half the cost" of what students pay now, which is $542 for the student bus passes from September to April.

Savings

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The U-Pass plan would see all undergraduate students pay $260 for the school year, compared to the $542 they pay now for student bus passes.

"Not only are we talking about really affordable transit fares for students, we're encouraging reduced traffic congestion, reduced greenhouse gas emissions, reduced wear and tear on the roads."

The U-Pass plan is the result of years of negotiations between the students' groups at the two largest universities and Winnipeg Transit, the steadfast support of Gerbasi and a push earlier this year from Mayor Sam Katz.

BERNICE PONTANILLA/METRO

Victim still critical

Police find car involved in road-rage hit-and-run

Police say they've tracked down the car involved in Sunday's road-rage hit-and-run in the Maples that left a man fighting for life, and expect to make an arrest or arrests soon.

Police said people in two vehicles — the first a black Infiniti G35, the second a silver Dodge Charger — got into an argument over someone's driving skills early Sunday.

A passenger in the G35 got out of the car near Marbury Road and Mapleglen Drive to talk to the driver of the Charger. However, police said the driver accelerated right into the man — at speeds estimated as high as 70 km/h — before speeding away.

The 31-year-old victim was taken to hospital, where he remains in critical condition.

A police representative couldn't say whether it was the registered owner of the Charger or another person who was behind the wheel at the time of the incident.

METRO

Canine unit involved

Two teens charged in Pembina Highway arson

Two teens are facing arson charges after a fire at a secure compound on Pembina Highway Sunday night.

Police say two male youths started the blaze at the compound in the 700 block of Pembina Highway around 8 p.m. Damage estimates are pending.

Police were called and, with the help of the canine unit, two suspects were taken into custody nearby.

A 13-year-old boy and a 14-year-old boy are facing charges including arson causing damage to property, possession of incendiary material and mischief under $5,000. METRO

Premier Greg Selinger attends the opening of the Building Canada Up Summit in Toronto on Aug. 6. A former cabinet colleague says Selinger must think hard about whether he will lead the New Democrats into the next election slated for April 2016. CHRIS YOUNG/THE CANADIAN PRESS

Time for Selinger to call it quits?

Time to think.
Polls show NDP support isn't rising

A former cabinet colleague says Manitoba Premier Greg Selinger must think hard about whether he will lead the New Democrats into the next election slated for April 2016.

"There are a number of people who have shared their concerns — and continue to do so — and I think it's critical that he make a decision and do so very quickly," Becky Barrett told radio station CJOB.

Barrett served in cabinet from 1999 to 2003 and currently sits on the provincial NDP executive as vice-president for the Interlake region,

Media reports, based on anonymous sources, of internal dissent within the party, have been growing in recent weeks. Barrett's radio interview Monday represented the first time a well-known party member went on the record.

The NDP plummeted in opinion polls after raising the provincial sales tax last year to eight per cent from seven.

Selinger had called the idea of an increase "ridiculous" in the 2011 election campaign, but later said he had to change his position to help the economy and fund much-needed infrastructure work.

In a followup interview, Barrett said it's clear some Manitobans have lost trust in the premier. Selinger has to decide whether he will run again and, if so, outline a game plan to win the next election, she suggested.

"I think the basic concern is that the premier has not addressed the feeling that the majority, it appears, of Manitobans have that he lied to them and he betrayed their trust," said Barrett.

Selinger was not available for comment Monday. His communications team issued a written statement saying he "remains focused on the job he was elected to do — delivering on the priorities of Manitoba families, creating jobs and opportunities for young people and growing our economy."

THE CANADIAN PRESS

Bowman announces transition team of 5

Incoming mayor Brian Bowman announced his five-member transition team on Monday.

The team will be co-chaired by Andrew Enns, president of NRG Research, and communications consultant Barbara Biggar. Both advised Bowman's campaign, and previously served in senior roles in Gary Filmon's provincial government.

Other members of the transition team include:

- Jana Thorsteinson, the Manager of Alumni Relations at Red River College.
- Phillip Paskewitz, a certified management accountant and financial manager with the WRHA.
- Bryan Gray, a lawyer and principal of public affairs firm Veritas North. Gray was a senior policy advisor for Mayor Sam Katz.

Bowman's team will also be advised by Etoile Stewart, who was most recently the strategic planning and policy coordinator for the City of Winnipeg.

"I am thankful for the continuing support of these outstanding individuals and for their willingness to assist me in transitioning to government," said Bowman in a news release.

METRO

Brian Bowman METRO

They're just too cute to be scary

Two orphaned polar bear cubs that arrived at Assiniboine Park Zoo at the end of September will be introduced to the public on Halloween. The zoo is currently holding a contest to name the cubs on their Facebook page. Suggested names include Blizzard, Jack and Keewatin for the male cub, and Crystal, Trinity and Star for the female. COURTESY ASSINIBOINE PARK ZOO

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Ghomeshi's $55M lawsuit against CBC alleges breach of confidence

BDSM. Former radio show host claims he was terminated because of 'possible negative public perception'

Lawyers for radio star Jian Ghomeshi made good Monday on their promise to launch a lawsuit against the CBC, alleging breach of confidence, bad faith and defamation by the public broadcaster.

Ghomeshi, 47, is seeking $55 million from the CBC, according to the lawsuit, plus special damages.

The suit says "the claim is the result of the CBC misusing personal and confidential information provided to it in confidence and under common interest privilege."

On Sunday, the CBC said it was severing ties with Ghomeshi because of "information" it had received about the Q radio show host. Lawyers from Dentons Canada LLP then announced their intention to sue the CBC on Ghomeshi's behalf.

Shortly after that, Ghomeshi posted a long Facebook message saying he had been fired by the public broadcaster for his "sexual behaviour." In the post, Ghomeshi explained that he liked to engage in rough sex, but said it was always consensual. He said he told the CBC about his sexual preferences after he became aware that a freelance writer was looking into allegations that he'd engaged in non-consensual "abusive relations."

Over several months, Ghomeshi provided CBC representatives with private information, including details of his sexual relationships, according to the suit. The broadcaster "assisted in drafting responses to media enquiries, as well as press releases to be issued on Mr. Ghomeshi's behalf, if it became necessary to do so," the suit says. THE CANADIAN PRESS

Online

For the latest updates, go to metronews.ca.

- Adult store owner breaks down BDSM.
- Can someone get fired for something in the bedroom?

The Canada-wide response to the weekend saga between CBC and radio host Jian Ghomeshi was so thunderous, our neighbours to the south felt the reverberations. CBC/THE CANADIAN PRESS

Ghomeshi stickhandles scandal with Facebook

While Canadians digest the news of Jian Ghomeshi's abrupt dismissal from the CBC over the weekend — and decide whether allegations of violence made public by The Toronto Star justify it — one expert says the embattled host has already won the PR battle.

Toronto-based digital communications strategist Taylor Mann told Metro Ghomeshi's swift response to the news of his firing through his Facebook page — hours before details of the allegations came to light — has left him in control of the story's arc.

"Everything is now framed around, first of all, his firing but also his 'sexual preferences' whereas if this was broke by a national newspaper it would have been framed 'Canadian celebrity is sexually aggressive with women,'" explained Mann. "Because he got out there first he has (controlled) and will continue to control the narrative."

With public relations powerhouse Navigator, hired to help Ghomeshi manage the crisis, Mann said he is under no illusions the Facebook post was organic.

"It was meant to look very much like he sat down on a laptop and just wrote his thoughts out … but this is clearly a very well-executed strategy on their part," he said.

Siri Agrell, vice-president of public relations giant Pilot PMR, said she believes Ghomeshi's choice to go on the offensive, portraying his accusers as conspiratorial and "jilted," will do more harm in the long run.

"I would hope Jian and Navigator would reflect on their strategy … If the ramifications are making it unsafe for women to come forward, you really need to think about how you're approaching this.

"Fundamentally, if you attack women who say you hit them, you're not going to get public opinion on your side." SHANE GIBSON/METRO IN WINNIPEG WITH FILES FROM LUKE SIMCOE

Masters of spin

PR firm Navigator is no stranger to high-profile cases. Its list of clients includes former Prime Minister Brian Mulroney, who enlisted the firm's help while he faced public scrutiny during the Airbus affair.

- In 2009, former Ontario attorney general Michael Bryant hired Navigator after an altercation on a Toronto street resulted in the death of cyclist Darcy Allan Sheppard. Bryant was charged with dangerous driving causing death, but the charges were later withdrawn.
- Navigator's chairman is Jaime Watt, a former strategist with the Ontario Progressive Conservative party whose past includes a conviction for fraud.

Modern rape culture

WHY DON'T VICTIMS OF SEX ASSAULT GO TO POLICE?

RUTH DAVENPORT
Metro in Halifax

If a tree falls in the forest and no one files a police report — did it make a sound?

Some of the thousands of people weighing in on the Jian Ghomeshi affair seem to be convinced that if a woman who has been sexually assaulted doesn't go to the police with her allegations, she couldn't possibly have been assaulted.

Setting aside for a moment the weird paradigm under which police reports dictate reality, let's just think about the horrifically intimate crime of sexual assault. Think about being groped, molested and raped, and then think about whether you'd want to give the detailed play-by-play to a whole stable of complete and mostly male strangers. Think about having to relive the encounter over and over as you make your way through the courts, facing down thinly veiled skepticism and often open judgment along the way.

As a reporter and feminist, I encounter the treatment of sexual assault victims on a pretty regular basis. I've been in courtrooms where defence lawyers have sneeringly cast a woman's behaviour in the worst possible light. I've bitten my tongue when male police officers dutifully warn women to never walk alone at night without ever telling men to not rape women who are walking alone at night. I've been in heated debates over girls-only dress codes in schools and the message that's sent to young men when they're not told that women aren't their toys, regardless of their clothing — or lack thereof.

I don't know what the truth is in the Jian Ghomeshi affair. I do know that dismissing any woman's allegation simply because she hasn't gone to the police is laughably simple-minded, and yet I've seen plenty of friends and associates espouse this flawed logic. Without hearing directly from anyone but Ghomeshi himself, they have responded with incredulous, wounded outrage, savagely puritanical indignation, derision and finger-pointing at these women — and then they ask why the women wouldn't go public.

Just consider for a moment the bile spewed at Jennifer Lawrence, who had the nerve to have nude photos of herself on her phone. She didn't accuse anyone of rape, but for having naked pictures she was labelled a slut. Consider Robin Williams' daughter, who was bombarded with graphic altered photos of her famous father after his suicide. Think of Janay Palmer, the wife of Ray Rice, who was subject to questions about having provoked that elevator punch, and then characterized as a gold-digger because she didn't leave her husband.

Women, it seems, must always have an agenda. We don't actually slap scarlet letters on them anymore, but thanks to the Internet, women who accuse a man of any kind of misbehaviour risk having not only their identities exposed and publicized, but also an eternal water-torture drip-drip-drip of daily character assassination.

Refusing to file a formal complaint — the decision made by approximately nine of every 10 sexual assault victims — isn't a case of modesty or manipulation. It's simple survival. And modern rape culture is thriving on it.

Railways failed in reporting duty: Feds

Transportation Safety Board. Agency finds CN, CP and railroad in Lac Mégantic disaster didn't report, or reported late, 254 incidents

Smoke rises from tanker cars in downtown Lac-Mégantic on July 6, 2013. The Transportation Safety Board says Canada's two largest railways and the carrier involved in the Lac-Mégantic tragedy failed in their obligation to file accident information, or accident info on time, over seven years. PAUL CHIASSON/THE CANADIAN PRESS

The country's two largest railways and the railroad involved in the deadly Lac-Mégantic disaster have failed to file obligatory accident information in recent years, the Transportation Safety Board said Monday.

The federal agency found a total of 254 incidents involving Canadian National, Canadian Pacific and Montreal, Maine & Atlantic went unreported — or were reported late — over a seven-year period.

"Reporting this information is mandatory and the TSB will consider enforcement action if required to address non-compliance,'' the agency said in a statement.

"The TSB is calling on all railway companies to meet their obligation to report occurrences.''

The analysis comes as the rail industry faces heightened scrutiny following the fiery July 2013 derailment in Lac-Mégantic, Que., which killed 47 people and wiped out part of the town. An unattended MMA tanker train loaded with volatile crude oil broke loose from its parking spot, roared down a hill and slammed into the community.

The disaster has forced regulators to grapple with safety concerns amid an ongoing, pan-continental boom in oil-by-rail shipments.

In its review Monday, the TSB found no injuries in any of the unreported incidents and described the majority of them as minor, resulting in limited damage often confined to rail yards.

The board identified 132 additional events at CN over the past seven years, including eight unreported incidents of "runaway rolling stock" between 2009 and 2013. A CN spokesman responded to the findings saying the company was aware of the incidents and used them to develop safety programs. THE CANADIAN PRESS

Magnotta trial. Crown ready to wrap up its case; defence may begin Friday

The Crown's last in-person witness testified at Luka Rocco Magnotta's murder trial on Monday as the high-profile criminal proceedings entered their fifth week.

Ballistics expert Gilbert Desjardins was asked about six tools recovered in the garbage outside Magnotta's apartment building and markings that appeared on the bones of victim Jun Lin.

More than 40 witnesses had been heard from as of Monday afternoon, including some who appeared through video conference from Vancouver and some from Europe.

THE CANADIAN PRESS

'Luke'

The Crown is expected to wrap up its case early this week and the defence is scheduled to begin presenting its case Friday.

- One witness was Jean-Christophe Robert, a Paris resident who met with Magnotta when the accused fled to France after Lin's slaying. Magnotta spent the night and Robert found out later who his guest, "Luke," really was.

Luka Rocco Magnotta in Berlin in a court photo. HO/THE CANADIAN PRESS

TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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That's all, folks: Toronto says no to Ford more years

Mayoral race. John Tory's victory over Doug Ford effectively concludes chaotic, oft-bizarre campaign

John Tory has been elected mayor of Toronto. The Ford era is over.

Tory promised "sensible, competent, accountable" leadership after four years of scandal and upheaval under Rob Ford. His win over Doug Ford and Olivia Chow, as The Canadian Press reports — much narrower than predicted by recent opinion polls — is a repudiation of the siblings whose behaviour outraged most of the city. It heralds a return to normalcy in local government.

Tory, who launched his campaign in a distant third place, took the lead for good three months ago. But the steady polling trend line belies the mayhem of a campaign in which the celebrity incumbent left the city for two months to receive treatment for drug and alcohol addiction, was diagnosed with a rare cancer, and was replaced on the ballot by his brother a mere 45 days before the vote.

Tory rose on the strength of his centrist good-government message, pleasantly staid personality and a single signature policy proposal, the SmartTrack surface rail line he claimed would "solve" the city's traffic congestion problem "quickly."

With the help of endorsement upon endorsement from members of the provincial Liberal caucus, the former Progressive Conservative leader beat Chow, a former New Democrat MP, in the critical battle for middle-of-the-road voters.

Rob Ford will remain mayor through November. Tory, 60, will become Toronto's 65th chief magistrate on Dec. 1.

Tory still will have to deal with his very famous antagonist in council chambers. Rob Ford was elected to his former Etobicoke North council seat despite his inability to campaign.

Doug Ford's defeat effectively concludes the chaotic and oft-surreal period in which Toronto became a fixture on late-night U.S. comedy shows — Ford was lampooned by HBO's John Oliver for four minutes the night before the election — and the mayor was the world's most famous municipal politician.

Doug Ford, a conservative councillor and a businessman, ran a heavily negative and frequently dishonest campaign focused on Tory, whom he called an establishment "elite" figure disinterested in "the common folk."

Adopting much of his brother's successful populist rhetoric, Ford presented himself as a champion of low taxes, subways and suburbanites neglected by city hall.

Now, Ford is likely to return to his printing firm, Deco Labels and Tags, as he had planned to do in November before he suddenly became a candidate. Chow's future is uncertain. She gave up her seat as Trinity-Spadina's federal representative to run for mayor, and it has since been filled in a byelection by popular Liberal MP Adam Vaughan.

The campaign formally ran for 10 months, informally even longer. Tory and Chow participated in more than 50 debates each, on topics as varied as accessibility, the arts and Latino political participation.

Strategic anti-Ford voting appeared to be a significant factor in the outcome. When fourth-place candidate David Soknacki dropped out of the race in September, he said the election had turned into a "referendum on Rob Ford" rather than a clash of ideas.

Rob Ford took his name off the ballot two days later. He had run a largely positive campaign focused on his policy achievements, taking personal credit for the "booming" city while asking voters to overlook his crack cocaine scandal and other "personal" failings. Doug Ford's abbreviated campaign, launched long after Tory established himself as the man to beat, took on a sharply different tone.

TORSTAR NEWS SERVICE

Ford brothers Doug, left, and Rob in the Ford home in Etobicoke Monday, after the mayoral election results were announced. TORSTAR NEWS SERVICE

Turkey

Suspicious powder sent to Canadian consulate tests negative

Turkish officials say initial tests indicate suspicious packages sent to five consulates in Istanbul — including Canada's — did not contain bioterrorism agents.

A statement from the Turkish health ministry on Monday says powdery substances sent to the consulates last week tested negative for anthrax, ricin, botulism, tularemia and a plague bacteria.

However, it says more advanced tests are being conducted.

The Department of Foreign Affairs says the Canadian consulate in Turkey's largest city would remain closed Monday as a precaution but that all staff were safe and accounted for.

Similar packages were also sent to the German, Belgian, French and American consulates in Istanbul on Friday, and authorities say the Hungarian Consulate in the city also received a package on Monday.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

Sarnia, Ont.

Worker dies after explosion, four remain in hospital

Police say one of five workers who were injured in an explosion at an industrial facility in southwestern Ontario has died of his injuries.

The worker, whose name was not released, was airlifted to a London, Ont., hospital with severe burns after the explosion at Veolia ES Canada Industrial Services in Sarnia on Saturday.

Four other workers remain in hospital.

Ministry of Labour spokesman Bruce Skeaff says a dust collection system located outside the building exploded at about 2:40 p.m. Saturday, causing significant structural damage.

There were eight employees inside the tank car maintenance facility at the time of the blast.

The road remains closed in the area while the investigation is completed.

Veolia released a statement saying it is "fully cooperating with the Ministry of Labour and other local authorities to investigate its cause." THE CANADIAN PRESS/BLACKBURNNEWS.COM

Vancouver

Perjury trial begins for RCMP officers involved in airport Taser death

A Crown prosecutor says a former RCMP officer who was involved in Robert Dziekanski's death colluded with his colleagues to lie about what happened to both investigators and at the subsequent public inquiry.

Former corporal Benjamin (Monty) Robinson was among four officers who went to Vancouver's airport the night Dziekanski was stunned with a Taser and died in October 2007.

All four officers were charged with perjury for their testimony at a public inquiry that was held in 2009.

Crown counsel Scott Fenton says all four officers made similar errors when recounting what happened to homicide investigators, and he says the only explanation is that they worked on a story together. Fenton says a witness will also testify that the officers met at her house in February 2009, and he says the only conclusion that can be drawn is that they discussed their upcoming testimony. THE CANADIAN PRESS

Frustrated killer murdered 3 cops solely because of 'who they were'

Moncton. Crown wants Justin Bourque's 25-year parole ineligibility period for each murder to be imposed consecutively

Victor Bourque leaves Moncton Court during a break at the sentencing hearing for his son, Justin Bourque, on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Justin Bourque was frustrated with his job and wanted to do harm to the oil industry.

Instead, he chose to target police officers because of the badge they wore, killing three Mounties and wounding two others in Moncton, N.B., a sentencing hearing heard Monday.

Crown attorney Cameron Gunn began laying out his case that Bourque, 24, should have his parole ineligibility set at 75 years while serving a life sentence for three counts of first-degree murder and two counts of attempted murder.

"He targeted them not because of any animosity to them specifically, not for lust or greed or any of the normal things you might see in a murder sentencing," Gunn told the Court of Queen's Bench. "He targeted them specifically because of who they were, what they did, the badge they carried, the flash on their shoulders, the uniform they wore."

A single conviction for first-degree murder carries a mandatory life sentence and a ban on applying for parole for 25 years.

But Gunn is arguing the 25-year parole ineligibility period for each murder conviction should be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he was 99 years old.

If granted, that would be the harshest sentence in Canada since the last executions in 1962.

"The question you will have to answer at the end of this is, 'What is the value of a human life?'" Gunn said before a packed courtroom. An agreed statement of facts previously filed with the court says Bourque's actions were both "planned and deliberate." THE CANADIAN PRESS

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U.S. Secretary of State

Kerry in Ottawa on Tuesday with condolences

The U.S. secretary of state will be in Ottawa on Tuesday, expressing condolences for the deaths last week of two Canadian soldiers.

John Kerry will attend a series of meetings in the nation's capital, and a spokeswoman says he will use the occasion to address the tragic consequences of the recent attacks in Quebec and on Parliament Hill. "He will also express America's solidarity with the Canadian people, re-affirming the close friendship..." Jen Psaki said.

THE CANADIAN PRESS

National War Memorial

Corporal Cirillo should be added to the memorial

Veterans' advocates say the young corporal killed at the National War Memorial last week should be among those honoured by an upcoming re-dedication of the site.

Plans to update the soaring granite and bronze structure were first announced by the Conservatives in last year's throne speech. The pledge was reiterated in May during a day of honour for veterans of the war in Afghanistan, when the government said the dates of that war would be added.

THE CANADIAN PRESS

Leaving Beijing early

Harper on Hill for Remembrance Day ceremonies

Prime Minister Stephen Harper will be on Parliament Hill for Remembrance Day.

Harper spokesman Jason MacDonald says the prime minister will not be in attendance for the APEC economic leaders' meeting in Beijing Nov. 10-11.

Instead, he'll be on hand for Remembrance Day ceremonies in Ottawa in two weeks' time, said MacDonald, who described Harper's travel plans for China as up in the air.

"Details are still being worked out," he said.

THE CANADIAN PRESS

Mourners gather in Hamilton to honour Cpl. Nathan Cirillo

Parliament Hill victim. Atttacks hit particularly hard in reservist's home city; stream of residents attend visitation

Some brought flowers, others dropped off cards and many wiped tears from their eyes as a steady stream of mourners took a moment on Monday to pay their respects to the young soldier gunned down at the National War Memorial in Ottawa last week.

Cpl. Nathan Cirillo was standing guard at the monument when he was shot by a man who went on to open fire on Parliament Hill before being taken down in a hail of bullets.

The attacks shocked the country and hit particularly hard in Hamilton, the city that Cirillo called home. Many residents got a chance to express their grief and pay tribute to the 24-year-old reservist at a public visitation held at a funeral home in the city on Monday.

"He died for our country, that's why I came here. This is the first time something like this has happened in our town, since I've lived here for 42 years," said 67-year-old Narkewal Grewal.

Cirillo's family issued a statement Friday evening thanking Canadians for their support. THE CANADIAN PRESS

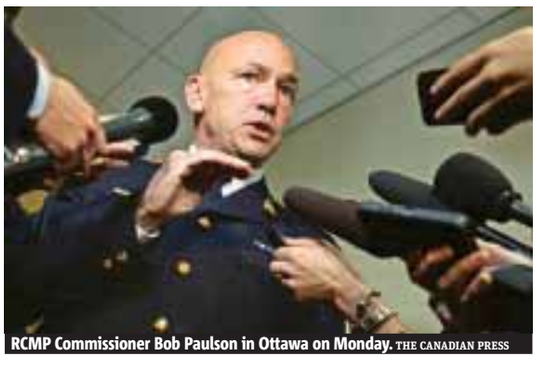
Funeral Tuesday

A regimental funeral is scheduled for Tuesday, and Cirillo is to be buried in a field of honour at a Hamilton cemetery.

- A private visitation for the fallen soldier, which was held Sunday, was attended by dignitaries, friends and relatives, including Cirillo's young son.

Eighty-two year old Jack Terpstra, from Mount Hope, Ont., wipes tears after paying his respects at the visitation for Cpl. Cirillo. PETER POWER/THE CANADIAN PRESS

Paulson wants to someday release Bibeau video



RCMP Commissioner Bob Paulson in Ottawa on Monday. THE CANADIAN PRESS

The country's top Mountie says it's his hope to "someday" release to the public a video left behind by the gunman in last week's attack on the National War Memorial and Parliament Hill.

The video made by Michael Zehaf Bibeau contains evidence that the shooting was driven by political and ideological motives, RCMP Commissioner Bob Paulson said Monday after testifying at a Senate committee.

"He was quite deliberate, he was quite lucid and he was quite purposeful in articulating the basis for his actions," Paulson said after the hearing when asked to describe the video.

"They were in respect, broadly, to Canada's foreign policy and in respect of his religious beliefs."

While the video is still being analyzed by police in order to ensure they can extract all of its evidentiary value, Paulson told the committee that it's his hope it will eventually be released to the public.

"We're interested in getting that before the public, but we're interested in making sure that we have secured — and are confident in — its intelligence and evidence value," he testified.

"It will certainly someday be released.... I really am inclined to overcome those challenges and get it released as soon as possible."

In the video, Zehaf Bibeau says he will act in the name of Allah in response to Canada's foreign policy, a source close to the investigation said.

Paulson said the video was made by Zehaf Bibeau himself and was recovered from a device, but he did not elaborate. Paulson also said investigators don't yet know if the gunman shared any intentions to launch a violent attack.

"We want to be able to satisfy ourselves whether or not there were individuals who were contributing to this person's radicalization and his jihadist views." said Paulson. THE CANADIAN PRESS

Fair elections. Onlooking Canadians pleased with election's integrity

Canadian election observers in Ukraine say they are upbeat about the fairness of Sunday's parliamentary election, even though President Petro Poroshenko owns a major television station and has no plans to sell.

Canada's election observer team in Ukraine echoed their international counterparts in praising the country's democratic progress thus far.

The vote gave a resounding victory to pro-Europe parties — a clear rebuke of attempts by Russia to control Ukraine after annexing its Crimean Peninsula in March, and the ongoing instability caused by Russian-backed separatists in the east.

One red flag was raised about Ukraine's future democratic development: Its major television stations are mainly owned by rich oligarchs who use the stations to promote their political interests.

Poroshenko himself owns Channel 5, a station he has no intention of getting rid of.

The candy billionaire, who received a hero's welcome on Parliament Hill earlier this fall, has announced plans to sell other assets.

"Ukraine's president, Petro Poroshenko, personally owns a news channel — Channel 5 — and has stated that it is one of the few assets he does not intend to divest. Channel 5's ownership has been an ongoing issue of contention during (the) campaign," says a preliminary report by the Canadian mission, which sent 200 observers.

Yaroslav Baran, the spokesman for the Canadian mission, said the Channel 5 question was an election issue, but one the Ukrainian people must sort out on their own.

"Most television stations here are owned by oligarchs, tycoons, business people, and most of them are tied to a political party or a political leader of some variety," he said in an interview from Kyiv Monday.

Thomas Rymer, a spokesman for the Organization for Security and Co-operation in Europe (OSCE), said that while media ownership was an issue, the landscape in Ukraine is a case of the glass being half full, with media plurality leading to diverse access to information.

THE CANADIAN PRESS

Ukrainian President Petro Poroshenko

MYKOLA LAZARENKO/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Pastor married gay son

Minister to remain ordained

A Methodist pastor who was disciplined after he officiated at the wedding of his gay son will be allowed to remain an ordained minister.

The Judicial Council of the second-largest U.S. Protestant denomination ruled Monday that a Pennsylvania church jury was wrong to defrock Frank Schaefer last year after he would not promise never to perform another same-sex wedding.

The council ruled on technical grounds and did not express support for gay marriage in general. Its decision is final.

THE ASSOCIATED PRESS

Middle East

Reporters struck by rubber bullets

Two photographers, including one working for The Associated Press, were struck by rubber-coated bullets fired at close range by an Israeli border policeman.

Neither was seriously hurt in Sunday's incident, which came during protests that followed the funeral of a 14-year-old Palestinian boy killed in a clash with Israeli soldiers.

It was the latest incident in which journalists have been injured by tear gas, stun grenades and rubber bullets fired by border police, a unit often sent in to quell violent demonstrations. THE ASSOCIATED PRESS

A woman begs on a street near Kiev's Independence Square, Ukraine, on Monday. Two pro-European parties that campaigned for tough reforms to battle corruption shared the lead Monday after Ukraine's parliamentary election. With more than half the votes counted, Prime Minister Arseniy Yatsenyuk's Popular Front was leading with 21.9 per cent of the vote while President Petro Poroshenko's party had captured 21.5 per cent. EMILIO MORENATTI/THE ASSOCIATED PRESS

Ukraine election puts power in pro-West parties

Combined 54 per cent popular vote. Three pro-Europe Ukrainian parties gain more than half of the popular vote

As Ukraine's most ardently pro-European parties pocketed a resounding collective election triumph Monday, thoughts turned to a reform agenda that promises pain and progress.

Although the outcome of Sunday's vote is partially the fruit of a surge in anti-Russian sentiment, Moscow says it will recognize the result and urged Ukraine's new order to grapple with the country's most pressing problems.

With 72 per cent of the vote counted Monday, the three main Western-leaning parties alone stood to win a combined 54 per cent of the vote. Coalition negotiations were already underway.

A woman examines a list of candidates at a polling station in Volnovakha, an east Ukraine village, on Sunday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Parliament is now largely purged of the loyalists of former President Viktor Yanukovych, who sparked months of protests — and eventually his ouster in February — because of his decision to deepen ties with Russia instead of the European Union.

Of the European-minded parties, Prime Minister Arseniy Yatsenyuk's Popular Front had 21.9 per cent of the vote while President Petro Poroshenko's party had 21.5 per cent. A new pro-European party based in western Ukraine was running third with 11 per cent.

Poroshenko last month laid out an ambitious agenda envisioning significant changes to Ukraine's police, justice and tax systems, defence sector and health care — all to be completed by 2020. Among the tougher decisions ahead will be allowing the cost of utilities in the cash-strapped country to float in line with market dictates.

"Ukraine is pregnant with reforms," said political analyst Oleksiy Haran. "The elections showed that both the government and voters expect structural changes to bring Ukrainians closer to the European Union." THE ASSOCIATED PRESS

Analysis

Soviet-era crooner heads to rebel base

In defiance of Ukraine, a revered Soviet-era crooner has travelled from Russia to the rebel stronghold in eastern Ukraine to support separatists fighting the Ukrainian government.

Ukraine had warned 77-year-old Iosif Kobzon, a Russian singer and lawmaker who has publicly supported the pro-Russia separatists, that he would not be allowed to enter the country.

Still, Russian television showed him being driven into eastern Ukraine along the same route the rebels use to bring in weapons and recruits.

Wearing his trademark wig, Kobzon performed Monday in Donetsk to an ecstatic audience of elderly people and gun-wielding men, delighting them with patriotic songs such as the Cold War-era classic Do the Russians Want a War?

Kobzon finished with a duet with camouflaged rebel leader Alexander Zakharchenko.

THE ASSOCIATED PRESS

Ebola. Symptom-free nurse leaves New Jersey hospital's quarantine tent

A nurse who worked in West Africa with Ebola patients was released Monday afternoon after being quarantined through the weekend in an isolation tent at a New Jersey hospital.

Kaci Hickox had been symptom-free for 24 hours and was being taken to Maine, where she lives, the state Health Department said in a statement Monday. She left University Hospital in Newark around 1:20 p.m. in a private vehicle, according to hospital spokeswoman Stacie Newton.

A statement released by the office of New Jersey Gov. Chris Christie said health officials in Maine had been notified of her arrival and that they could decide on her treatment and monitoring from there. Maine's protocols require her to be quarantined in her home in Fort Kent for 21 days after the last possible exposure to the disease. Hickox complained about her treatment in New Jersey after she became the first person forced into the state's mandatory quarantine, announced Friday by Christie for people arriving at Newark Liberty International Airport from three West African countries.

"We are pleased that the state of New Jersey has decided to release Kaci. They had no justification to confine her," said Norman Siegel, Hicox's attorney. THE ASSOCIATED PRESS

East Jerusalem. Israel's PM vows to keep building in disputed territory

Israel's prime minister pledged Monday to keep building in east Jerusalem, despite stiff international criticism and recent rising tensions between Jews and Arabs in the city.

Earlier in the day, Prime Minister Benjamin Netanyahu's government said it was advancing construction plans to build about 1,000 housing units in east Jerusalem, the part of the city the Palestinians demand for their future state.

Speaking to parliament, Netanyahu defended the stance saying there was a wide consensus in Israel to continue building throughout the city, just as every Israeli government has done since Israel captured east Jerusalem in 1967.

"Even the Palestinians know that these places will stay in Israeli sovereignty under any agreement," he said. "The French build in Paris, the English build in London and the Israelis build in Jerusalem." THE ASSOCIATED PRESS

Washington state

Shooter invited victims to lunch

A popular student responsible for a shooting at a Washington state high school on Friday invited his victims to lunch by text message, then shot them at their table, investigators said Monday.

Sheriff Ty Trenary said at a news conference that the five students were at a lunch table when they were shot by 15-year-old Jaylen Fryberg. Fryberg then committed suicide.

Detectives are digging through reams of text messages, phone and social media records as part of an investigation that could take months, Trenary said. THE ASSOCIATED PRESS

Died in Syrian prison

Doctor was killed unlawfully: Jury

The family of a British doctor who died last year in a Syrian prison claimed vindication Monday after a jury determined that he had been unlawfully killed.

The case involves the death of 32-year-old orthopedic surgeon Abbas Khan in December, after he was taken into custody by Syrian authorities.

Following a two-week hearing at the Royal Courts of Justice in London, the jury ruled that Khan had been intentionally killed without justification. His family has long claimed he was murdered. THE ASSOCIATED PRESS

Kidnappings lead to doubt about ceasefire

Nigeria. In days since truce with Boko Haram announced, at least 70 youths have been taken

In this May 19 photo, Martha Mark, the mother of kidnapped schoolgirl Monica Mark, cries as she displays her photo in the family house in Chibok, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

Dozens of girls and young women are being abducted by Islamic extremists in northeast Nigeria, raising doubts about an announced ceasefire and the hoped-for release of 219 schoolgirls held captive since April.

On Oct. 17, Nigeria's military said a ceasefire had been agreed to with Boko Haram and ordered troops to immediately comply. Officials said the ceasefire would lead to the speedy release of the girls kidnapped from a boarding school in the remote northeastern town of Chibok on April 15.

But there have been a number of kidnappings and battles since then that call into question the ceasefire.

At least 70 young women and teenage girls and boys have been kidnapped in Borno and Adamawa states since Oct. 18, according to local government chairman Shettima Maina and residents who spoke on condition of anonymity because they feared retribution.

The insurgents have also launched several attacks since the ceasefire was announced. On Friday a multinational force including troops from Nigeria and Niger engaged in fierce fighting to regain control of Abadam, a town held by Boko Haram on the western shores of Lake Chad.

Ten days after the announcement, Boko Haram has not indicated that it has agreed to a truce.

Nigeria's minister of foreign affairs, Aminu Wali, said Monday that Boko Haram has denied recent kidnappings and suggested it might be the work of dissidents wanting to break the ceasefire.

He said the release of the Chibok girls is part of ongoing ceasefire negotiations, which would not be affected by the latest abductions.

"There is still negotiation going on and we expect a lot of progress to be made.... And we will make an effort also to bring back those that have been kidnapped," Wali told a news conference in Abuja, Nigeria's capital.

He spoke alongside the foreign ministers of Germany and France, who announced a joint initiative to help victims of Boko Haram.

"Thousands of people have become traumatized by the violence," said Laurent Fabius of France, announcing joint financing of "a program for the support of these people and to help them overcome the trauma and the psychological distress that they have suffered."

None of the escaped girls interviewed by Human Rights Watch was offered proper counselling, the group said in a new report Monday, quoting escapees who described forced marriages and rapes, forced conversions to Islam, forced labour and forced participation in attacks.

The insurgents mainly target Christians and girls who go to school, said Human Rights Watch.

More than 500 girls and women have been kidnapped by Boko Haram since 2009, according to an estimate by the New York-based rights group. Unknown scores of young men also have been kidnapped and forced to join the extremists as fighters. THE ASSOCIATED PRESS

Oscar Pistorius
THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Pistorius to appeal verdict

Prosecutors in the Oscar Pistorius case said Monday they will file appeal papers in the next few days against the verdict and sentence after the Olympic runner was convicted of culpable homicide and given a five-year prison term for killing his girlfriend.

The decision by South Africa's National Prosecuting Authority could see Pistorius face a murder conviction again for shooting Reeva Steenkamp and, if found guilty on the appeal, a minimum of 15 years in prison.

The 27-year-old double-amputee athlete was acquitted of murder by Judge Thokozile Masipa for shooting Steenkamp multiple times through a toilet cubicle door in his home. He testified he mistook her for a nighttime intruder. Masipa found him guilty instead on a lesser charge comparable to manslaughter.

The NPA said in a statement its decision to appeal was based on a "question of law," meaning it believes that Judge Masipa misapplied the law when she acquitted Pistorius of murder.

"The merits and the demerits of the NPA's argument ... will become evident when we file papers for leave to appeal," the national prosecuting body said. "The prosecutors are now preparing the necessary papers." THE ASSOCIATED PRESS

Will you be Crazy in Love with Beyoncé's new exercise clothing line for Topshop?

Beyoncé and her husband Jay Z stand up at halftime in the Champions League soccer match between PSG and Barcelona at the Parc des Princes stadium in Paris in September. Beyoncé announced Monday that she is working with British retailer Topshop to launch an exercise clothing company, Parkwood TopShop Athletic Ltd. It is a 50-50 joint venture. The clothing line will be available next fall. CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

SaskPower CEO resigns amid safety concerns

Report. The head of Saskatchewan's power company steps down following concerns over smart-metre fires

The head of Saskatchewan's Crown power company resigned Monday following a report into smart-meter fires that said customer safety wasn't enough of a priority.

Economy Minister Bill Boyd said SaskPower CEO Robert Watson "took responsibility for the problems experienced with this project."

"(He) felt it was time that there was new leadership at SaskPower," said Boyd, who added that Mike Marsh, vice-president of operations, will step into the job for the interim.

Last summer, the province ordered SaskPower to remove more than 100,000 smart meters that had already been installed in homes after at least eight of the devices caught fire in June and July.

Boyd said it was evident for some time that there were problems with the meters.

"There was not enough consideration given to customer safety, the program was rushed and there (were) warning signs that were overlooked. It was clear that there was no one that was in overall charge of the program," the minister said.

THE CANADIAN PRESS

Market Minute

DOLLAR 88.98¢ (-0.04¢)

TSX 14,469.00 (-74.82)

OIL $81.00 US (-$0.01)

GOLD $1,229.30 US (-$2.50)

Natural gas: $3.57 US (-$0.05)
Dow Jones: 16,817.94 (+12.53)

Detroit. Judge set to rule on plan for largest public bankruptcy in U.S. history

Historic

Detroit filed for Chapter 9 bankruptcy protection in July 2013, becoming the largest U.S. city to ever do so.

The city of Detroit urged a judge on Monday to approve its plan to get out of bankruptcy, calling it a sweeping effort to "solve some really bad problems" by wiping out billions in debt and spending $1.7 billion US on better services in a long-term prescription for the Motor City.

Judge Steven Rhodes will decide next week whether Detroit's plan is fair and feasible in the largest public bankruptcy in U.S. history. Bruce Bennett, an attorney for the city, went through the key points and summarized evidence from a trial that began after Labour Day.

"Look where we are: 7 billion-plus coming off the books, massive deferrals" of other debt, he said. "This is exactly the relief Detroit needed and it's gone about it in the right way."

Detroit, which has lost 27 per cent of its population since 2000, can't afford to raise taxes to get more revenue, especially from poor residents, Bennett said.

"It's self-defeating behaviour.... No one would come here. They would look at the tax assessments and say, 'This will never end,'" he said.

Bond insurers with more than $1 billion at risk fought the city during much of the trial, but now are on the sidelines after settling for cash, real estate and long-term leases on certain assets. General retirees who had hoped the Michigan Constitution would protect them from pension losses agreed to a 4.5 per cent cut last summer after Rhodes said there is no shield.

Private talks between Detroit and three counties are also leading to a spinoff of the water department into a regional agency.

Bennett said those features and others created a "comprehensive effort to solve some really bad problems."

THE ASSOCIATED PRESS

$681M acquisition

Chiquita's deal with two Brazilian companies ripens

Chiquita has sealed a deal to be acquired by two Brazilian companies for about $681 million US, with the U.S.-based banana producer expected to go private by the end of this year or early next.

The deal comes just days after shareholders rejected plans to merge with Fyffes, another major banana producer based in Ireland. THE ASSOCIATED PRESS

Revenue climbing

Novartis sells flu vaccine business for $275 million

Australian drugmaker CSL Ltd. said Monday it will buy Novartis' flu vaccine business for $275 million US.

CSL Ltd. said the deal will make it the second-largest flu vaccine maker in the world. The company said the Novartis business had $527 million in revenue in 2013 and said its combined revenue could reach $1 billion a year in three to five years. THE ASSOCIATED PRESS

"I'm looking for something more long term."
RECYCLING REMINDER
#9
Recycle your plastic bags, just not in your recycling cart. Bring them to one of many retailers with collection bins.
Make the break.
SimplyRecycle.ca
MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING

THE CASE OF THE FACE AND HOW WE DEBASE

SHE SAYS
Jessica Napier
metronews.ca

In a week that saw the Ebola epidemic spread to the United States and the dramatic death of two Canadian soldiers, how is it that a movie star's red-carpet appearance still managed to soar to the top of trending lists at home and abroad?

In case you missed it (how did you miss it?) the Internet had a collective freakout last week over Renée Zellweger's face. The actress, who has been out of the spotlight for a few years now, was photographed at ELLE magazine's annual Women In Hollywood Awards in California exhibiting what many claimed to be an entirely unrecognizable new appearance.

Media outlets around the world criticized the 45-year-old star for altering her face beyond recognition. Plastic surgeons were recruited to weigh in on her new look. Blogs and morning shows were infiltrated with before-and-after images and scribbled diagrams to indicate where she might have had work done. The London Evening Standard in England went so far as to refer to the story as Facegate ... FACEGATE! That's right, a newspaper likened one of the greatest political scandals in American history to a woman's brow line.

Unfortunately, the actress felt pressured to release a formal statement on the matter in which she referred to the media coverage as "silly" (yeah, no kidding) and insisted, "I'm glad folks think I look different ... I'm living a different, happy, more fulfilling life, and I'm thrilled that perhaps it shows."

Let's face the facts, shall we? (Sorry, I couldn't help myself.) Our beloved Bridget Jones is definitely looking a little different. However, the hows and whys of her new look aren't really a debate that any of us should bother weighing in on. Despite the media outcry surrounding her appearance, Zellweger doesn't actually owe any of us an explanation, especially not the gossip-mongering magazines that make a living exploiting the private lives of celebrities. Her personal decisions shouldn't make any of us feel cheated or betrayed, and they certainly shouldn't result in what the Daily Beast referred to as a "worldwide panic." I think the world has enough real problems to focus on without worrying about whether a celebrity opted for cheek fillers or Botox.

Hollywood is a bizarre micro universe that pressures women to look a certain way and then condemns them for actually trying to achieve it. You must look young and beautiful, but don't you dare try too hard or your efforts will become obvious. The backlash here is the result of this twisted reasoning; Zellweger, who won the hearts of moviegoers by portraying likeable characters we could relate to, is now guilty of aging in public, in a way that her fickle fans don't understand and consequently don't accept.

Fans of classic romantic comedy one-liners will remember that the charming Mark Darcy famously tells Bridget Jones that he likes her, just the way she is. Now if only we could say the same about the real-life woman behind the character.

Metro Bitstrips caption contest

Today's winner: Justin Irby

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here . Check out today's runners-up by scanning the cartoon with your Metro News app.

MetroTube

It took 25 years — but the future is finally here

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

There's something about those Back To The Future hoverboards that sears their tantalizing promise into our brains. Because of that, of course, unscrupulous sorts have for years been dangling bogus announcements that they're on the way. Well, one company has finally opened the door and CNET was lucky enough to take the gadget for a spin. So far it handles like a slightly more agile Roomba, but I think I'm ready for some unfettered excitement. (CNET/YouTube)

Twitter

@metropicks asked: A tie in a mayoral election was decided by a coin toss in a town in Peru. What's your out-of-the-box electoral reform idea?

@hfxgolfguy: rock paper scissors...

@seemetrolling: give elections and politics coverage as detailed and stats-oriented as we have for the NHL

@deankoshelanyk: most public meetings attended on a volunteer basis

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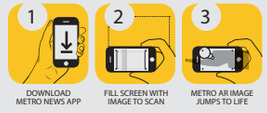

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DVD review

Begin Again

Director. John Carney

Stars. Mark Ruffalo, Keira Knightley

Music has the power to make us want to believe, which is why the blandly titled Begin Again often succeeds in spite of itself.

We want to believe Mark Ruffalo, playing a boozed-up and burned-out talent scout, is transported by the girlish warblings of Keira Knightley.

We want to believe writer-director John Carney can transport the feelings of his 2006 musical romance Once, with it's Oscar-winning song Falling Slowly, from Dublin to New York.

Begin Again is much more calculating than Once, and there may not be a single memorable tune, but there's enough there to make you accept the characters and cheer for them.

Knightley transfers her movie-star charm to her club chanteuse act, while Ruffalo's likable loser routine manages to rise for an encore. Watch them joyously dance together in Times Square to Stevie Wonder's For Once In My Life and you get it.

Deliver Us From Evil

Director. Scott Derrickson

Stars. Eric Bana

Be very afraid when you see "inspired by" flash on the screen at the start of Deliver Us From Evil, a not-so-scary supernatural horror movie set in the Bronx. The subject in question is the real-life career of NYPD Sgt. Ralph Sarchie, a retired beat cop and demon chaser. If we actually had more of the sergeant's spark from Eric Bana, who plays Sarchie in the film, then Deliver Us From Evil might not have been DOA. Writer-director Scott Derrickson's efforts amount to just another dumb riff on The Exorcist.

PETER HOWELL

Minnie Driver as Fiona and Benjamin Stockham as Marcus in the television series About a Boy. GLOBAL

Minnie has a mother of a run as offbeat mom

Television. Minnie Driver gets maternal in unconventional ways on screens big and small

NED EHRBAR
Metro in Hollywood

Between her work on About a Boy, now in its second season, and in the upcoming film Beyond the Lights, Minnie Driver is giving something of a master class in questionable parenting styles. But her kooky new-age Fiona on TV is a lot less dangerous to her child's psyche than is her aggressive stage mom-manager to a pop star on the verge of a nervous breakdown.

It's interesting to see how different the TV show About a Boy is from the film.
I loved the movie a lot. I just watched it on the plane the other day. Toni Colette is so good in that film. But she just couldn't be that dark on TV. It's so beautiful how fragile she is psychologically and that whole notion of "no man is an island," which it's all built around. You have to have more than one person because of our fragility. But I take that sentiment into our show.

The movie was much more of a dramedy.
Definitely, definitely. Our show is a full-on comedy. With a heart!

A lot of people are approaching the show like a romantic comedy, with a "will they or won't they" aspect to Will and Fiona.
Which is good. But anyone with an even basic understanding of satisfaction and psychology knows that if the "will they, won't they" was they will, they'd then lose interest and be disheartened and sad because they don't actually want that. What's fun is to watch the cat chase after the mouse and then the mouse fight back. It's not fun to see the cat and the mouse snuggled up in bed. That's fun for a minute, then it's boring and you have nowhere to go. So I would say the deliciousness is in the anticipation of how it would possibly shake down and watching them get there. But the notion of a really unusual family is what is interesting to me.

Also, the film can have its wonderful resolution for this group of people, but you need to keep a show going.
I think it's tricky, but if anyone can do it, Jason Katims can. And certainly where we're at in this season, they have me falling in love and having this big relationship, and it's super-awkward and dreadful and brings up all sorts of stuff for Will, all sorts of stuff for the kid. It's really interesting. But you do have to keep creating conflict, that's what makes it a comedy. And luckily they're conflicted people who are messy and imperfect. That's what you realize you need to tune in to. You want to see two characters coming at the same subject from completely different angles and they both need to be right and believe that they're right — until the point that maybe one concedes a little bit or the other concedes a little bit. And if that's the formula, then that's all right because you can write around that really cleverly and brilliantly for a long time, I think. Hopefully. I'd like to be doing it for a long time.

Watch About a Boy

About a Boy airs Fridays on Global at 8 p.m. ET/PT, and is available online on Saturdays.

And how surprised were you by your younger co-star's sudden voice change?
Oh my God, it was so funny. We laughed, we did laugh, bless his heart. I mean, poor thing, he's just growing up on camera. It's not easy, it's awful. But he's so sweet, he's a great boy.

And in Beyond the Lights, you play a much different maternal figure: this cold, calculating stage mom driving her daughter to pop stardom and a meltdown.
Reality television has kind of defined a caricature of that archetype, but for me she's got a bit of Svengali in her, a bit of the evil stepmother, a bit of the good mother. You take pieces of each of those and you weave it together. It was a really interesting playground. She encouraged her daughter to be the sexualized version — this cookie-cutter idea — of what it is men want to have sex with, what women aspire to be, what's on the cover of magazines.

That same behaviour might be seen differently if it were a father and son in a sports drama.
You're absolutely right. You frame it a different way and it becomes this story of courage and what it is to be a man. I think it is definitely a double standard. It's the way that we look at things. We don't examine what we're teaching our kids in terms of stereotypes and also how to turn things into a positive.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Catchy new song portrays Shia LaBeouf as a cannibal, with a nod to Citizen Kane

Here's something interesting (and that's putting it mildly). Musician Rob Cantor has composed and arranged a song called Shia LaBeouf, a thrilling tale of being lost in the woods and terrorized by the infamous actor and sometimes performance artist.

In the song, LaBeouf is cast as a sadistic cannibal. "He's almost upon you now and you can see there's blood on his face," Cantor speak-sings. "My God, there's blood everywhere!"

But that's just the song. The video for it, a live performance in a theatre space, features Cantor backed by a band, a string quartet, the West Los Angeles Children's Choir and the Gay Men's Chorus of Los Angeles, plus choreographed dancers — some wearing giant papier-mâché LaBeouf heads — Kung fu fighters and aerialists.

Shia LaBeouf ALL PHOTOS GETTY IMAGES

There's even a twist ending, which is all the more delicious when you realize it's a visual reference to Citizen Kane.

The Word

Is a pic with Oprah worth sacrificing a toe or two?

NED EHRBAR
Metro in Hollywood

This probably isn't what Oprah Winfrey meant with her famous, "You get a car! And you get a car!" routine.

The media mogul's SUV ran over a woman's foot outside a Miami steakhouse.

"It has always been on my bucket list to meet Oprah, but I could never have imagined it would be because her driver ran over my toe," the victim, Lori Geller Bender, tells Page Six.

See, that's the thing about the Secret. You have to be specific, or who knows what will happen?

"We were crossing the street to arrive at the restaurant, and there were a lot of cameras. I could see a big crowd of security guards, and as soon as Oprah got into the car, it pulled out from the curb and a wheel went over my foot. I was wearing heels, my toe was trapped under the wheel and I fell to the ground, hitting my coccyx and my head," Geller Bender says.

"The driver reversed off my foot and Oprah jumped out. She couldn't have been nicer and more gracious. She looked really shocked and asked me if I was OK, and took a good look at my foot. I wasn't hurt, and I told her I was fine.

"Oprah said, 'Well, that's worth a picture,' and she put her arm around me and we took some photos."

OK, two things: As impressive as her resumé is, Winfrey is not an orthopedist, so I'd take her assessment of your injuries with a grain of salt. And two: I bet a lawyer would have a different opinion of what "that's worth," but what do I know?

DiCaprio chimps out while dates skimp out

Leonardo DiCaprio knows how to party, and apparently that means wearing a chimpanzee mask.

A man believed to be DiCaprio was seen alongside Australian pal James Packer ushering a trio of women clad in skimpy Halloween costumes into a waiting SUV outside of Nobu in Malibu over the weekend.

For those playing along at home, while the men in the group were wearing casual clothing plus masks — the bare minimum of effort — the women were dressed up as Sexy Wonder Woman, Sexy Greek Goddess and Sexy Playboy Bunny (which is more than a little redundant, really).

Look, I know it's Halloween and all, but I don't see why celebrities like DiCaprio don't just do this all the time. Everyone knows the old baseball cap and sunglasses routine doesn't fool anyone.

NOV 7
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Kristen Stewart

Kristen Stewart's lofty ego has childhood friends 'dropping like flies'

Kristen Stewart has changed, man. At least that's the line some of her anonymous "friends" are feeding Radar Online.

The former Twilight star, who recently announced she's "taking time off" from acting, has been putting on airs, apparently. "Kristen doesn't even resemble the person that we knew from before she was with Rob (Pattinson). She used to be a very low-key, cool girl," a source gripes. "But her inflated ego has convinced her that even her childhood friends only want to hang out with her because of 'who she is.' It's really sad, and her friends are literally dropping like flies." Wait, literally? That sounds terrifying.

'OK-looking' Helen Mirren is new face of L'Oreal

There's ain't nothing like a Dame. None other than Dame Helen Mirren has been named as the new face of L'Oreal and will be repping the cosmetics giant alongside Blake Lively, singer Cheryl Fernandez-Versini and model Lara Stone. Mirren, though, is more than happy to downplay her own appeal.

"I am not gorgeous and I never was, but I was always OK-looking and I'm keen to stay that way," she says. "I have always loved the L'Oreal Paris brand, and I hope I can inspire other women towards greater confidence by making the most of their natural good looks. We are all worth it."

Yeah, but if Mirren is just OK looking, what hope do the rest of us have?

Helen Mirren

Grow a mo for men's health

A worthy cause. Men are still avoiding the doctor's office, but Movember wants to change that

VAWN HIMMELSBACH
life@metronews.ca

Starting next week, clean-shaven men will be stubbly, then scruffy before sporting full-blown handlebar 'staches. Yes, it's Movember.

The message behind Movember is to encourage conversations about men's health and raise money for prostate cancer, testicular cancer and mental-health issues. Participants, called Mo Bros, start with a clean-shaven face and grow a mo over the course of November — no beards or goatees allowed.

There's a need to have these conversations because men still shy away from going to the doctor. Women, on the other hand, come from a culture where they talk about their breast and menstrual health from an early age, and that's perfectly acceptable, says Peter Mallette, executive director of Prostate Cancer Canada's Atlantic Regional Office in Halifax.

Men's reluctance to visit their general practitioner is problematic, since early detection is so critical in fighting all cancers. And that's where campaigns like Movember come in.

"This is not just about the finger in the bum," says Pete Bombaci, country director of Movember Canada. "It is about a broader awareness of your health and the different components to diagnosing prostate cancer."

"If a guy is talking about anything below the belt, he's usually lying or boasting," says Mallette. "I'm convinced a lot of the men who show up at a doctor's office for a prostrate exam are there because a woman has made the appointment for them. We just don't think it's going to happen to us."

But one in eight men are diagnosed with prostate cancer each year — and about 4,000 men in Canada will die from it — making it more prevalent than breast cancer.

If it's detected early, however, it's almost always treatable and survivable. The challenge is getting men to get screened.

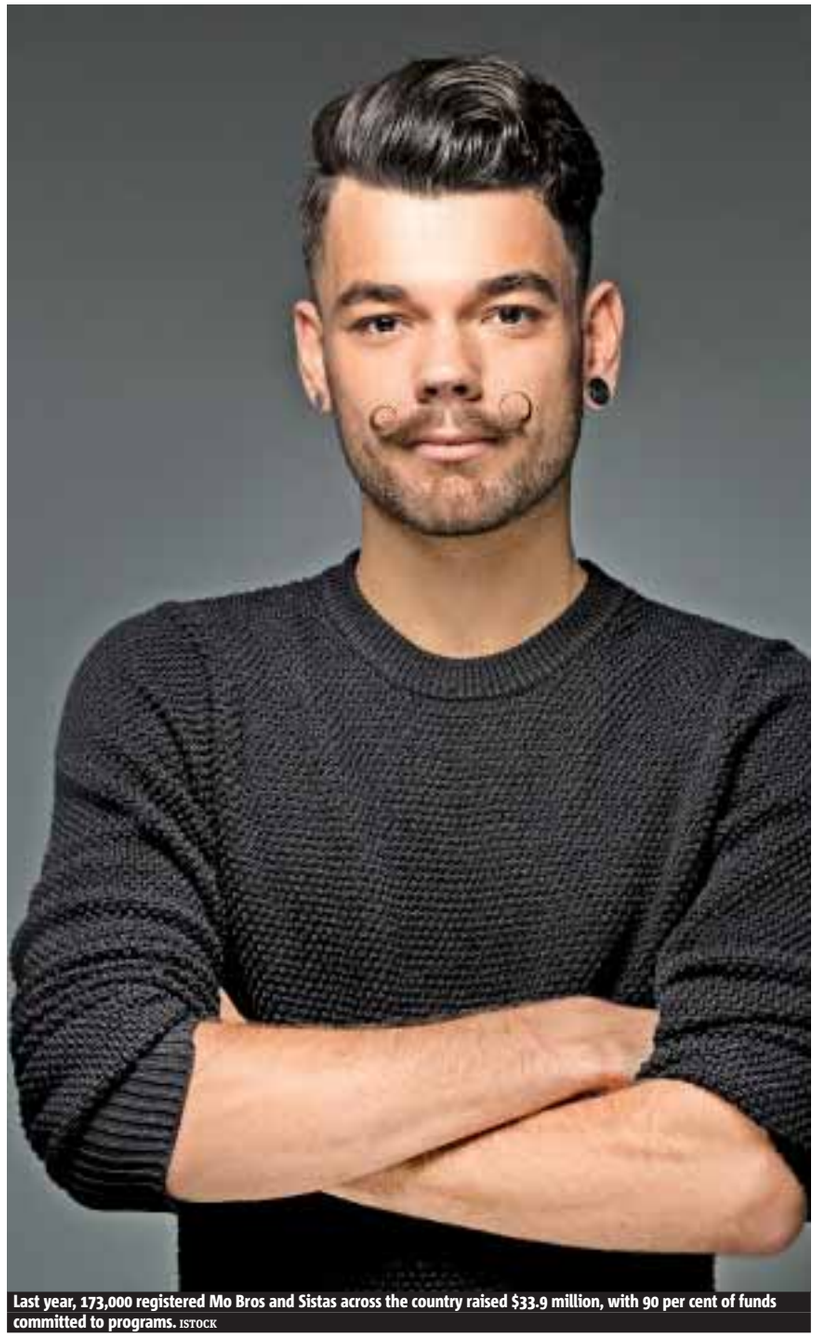
Mallette is one of those survivors. "Prostate cancer is not an old man's disease," he says. "I was in my 40s. Younger and younger men are being diagnosed. Our position is when you turn 40, you should start having that conversation with your doctor ... especially if there is a genetic link in your family."

Men between the ages of 20 to 50 are usually deeply invested in work and family, and unless there's a big red flag, they tend not to seek help because of the assumption that everything is going well, says Dr. John Oliffe, a Mo Bro and professor at the University of B.C.

"Prostate cancer is a classic example — very few men have symptoms."

So once it becomes symptomatic, the disease has likely advanced. Those side effects include urinary incontinence and issues relating to sexual function and "guys just don't want to think about it," Mallette says.

"This isn't going to change in one year," says Bombaci. "This is going to take many years of men growing moustaches, (but) we will win this battle together to reinforce with men that it's OK to not be invincible and it's OK to seek help when you're not feeling well."



Last year, 173,000 registered Mo Bros and Sistas across the country raised $33.9 million, with 90 per cent of funds committed to programs. ISTOCK

And the winner is...

Movember asked Canadians to submit innovative ideas that aim to disrupt long-held assumptions about men's health. On Oct. 19, the organization announced 15 winners from across the country, which represent a $2.2 million investment in men's health.

- **Winner.** The Health Oracle App (The Wells Group Inc.) is a project that will use wearable technology to track health outcomes and provide individualized actions that guide conversion to good habits, which could lead males toward improved mental and physical health

Mo Sistas

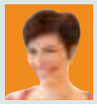
In many cases, women are the "gatekeepers" of a man's health, whether booking an appointment with his doctor or encouraging him to do it. Women can continue to do what they've always done: support the loved ones in their life, says Bombaci. Women can also register as a Mo Sista during Movember. "You can do everything a Mo Bro can do other than grow the moustache," says Bombaci. Getting women to encourage the men in their life to grow a mo and open up about their health is a powerful component of the campaign. "Women have been really good about looking after the health of the men in their lives, but I'd encourage men to encourage their mates or buddies to look after their health," says Oliffe. "Oftentimes it's the permission of men that helps you do things."

Women can sign up as Mo Sistas during the campaign. ISTOCK

Beef sauce that tops tonight's pasta is the filling for next week's burrito

Health Solutions

Give leftovers a second life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I never met a leftover I didn't love.

They are simple second suppers that make weeknights go smoothly as long as you follow a few rules.

Some rules pertain to consuming food safely, which is your top priority. Others just offer a spoonful of sugar to help them go down with your family.

If you are on your own or part of a duo, this concept will be your best friend because it allows you to make the biggest effort once and enjoy the fruits of your labour all week!

Safety

• Consume within 2-3 days or freeze for 3-5 weeks.
• Reheat only once! If you don't finish that portion, you must throw it out.
• Cool in small containers in the fridge as quickly as possible. Large, deep containers can hold the heat long enough to allow dangerous bacteria to grow.

Culinary

• Have a handful of simple, mildly flavoured entree recipes that can be adapted.
• Never serve exactly the same thing two nights in a row (that is a "leftover," yuck).
• Repurpose cooked food creatively: Salmon goes into a salad, a sandwich or is tossed in pasta. It's boring just reheated. Steak is great chopped into fajitas. Chicken is lovely spiced up and tossed with focaccia, olives, tomatoes and cucumber to make a Tuscan salad. You get the idea.

Flavours

• Stick with world regions. For instance: If it starts out with Mediterranean tastes, the second supper should stay within that part of the world. A tomato-sauce roasted chicken leg won't turn into an Asian stir fry all that easily. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

This recipe serves eight. THERESA ALBERT

Better Spaghetti. Make more than you need, but get creative and don't fall into the traditional leftover trap

THERESA ALBERT
myfriendinfood.com

This dish is foolproof and all of the veggies virtually disappear into the sauce since they're grated. Double or triple this batch and store in small containers so you can use it in a variety of ways.

Second suppers

Wrap in burritos; serve with taco chips and salsa and melt with cheese as nachos; add a can of pinto beans and 1 tablespoon of chili powder, serve with roasted vegetables as chili.

Ingredients

- 3/4 lb extra lean ground beef
- 1 whole onion
- 2 whole carrots
- 1 whole green or red pepper
- 3 cloves garlic
- 1 tsp grapeseed oil
- 1 tbsp Italian seasoning
- 1 tsp fennel seed, optional
- 1 can pumpkin
- 18 oz tomato sauce
- 1 can tomato paste
- 1 cup red wine, optional
- 1/2 cup flax seeds, ground

1. Brown meat and drain all fat through a strainer, run under hot water.

2. Grate onion, carrots, green pepper, and garlic.

3. Use the same pot and drizzle oil into it to cook onion, carrot and green pepper, add back ground beef. Stir in garlic, dried herbs and stir. Add pumpkin, tomato sauce and paste and simmer to heat through.

4. Add wine if using and allow to simmer for at least 20 minutes, best if over an hour. Stir in flax seeds. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

This recipe serves six. PRESIDENT'S CHOICE

Pesto, the next generation

Pesto doesn't have to be made with basil — this version uses coriander, with sunflower seeds in place of the pine nuts.

1. In mini food processor, process garlic and sunflower seeds until chopped. Add coriander, oil and salt; process until finely chopped. Add 1/4 cup (50 ml) cold water; process into paste.

2. In saucepan of boiling salted water, cook pasta 10 minutes or until tender but firm. Drain, reserving 1/2 cup (125 ml) of cooking water. Leaving pasta in colander, place reserved pasta cooking water, coriander pesto and tomatoes in pasta saucepan; stir to mix. Return hot pasta to saucepan; toss to coat with sauce. Transfer to serving bowl. Garnish with coriander sprigs. **PRESIDENT'S CHOICE**

Ingredients

- 2 cloves garlic, peeled
- 1/4 cup (50 ml) salted roasted sunflower seeds
- 3 cups (750 ml) lightly packed coriander leaves and tender stems
- 1/4 cup (50 ml) PC Blue Menu Omega Oil
- Pinch salt
- 1/4 cup (50 ml) cold water
- 1 pkg (375 g) PC Blue Menu Fettuccine with Fibre
- 1 cup (250 ml) quartered cherry or grape tomatoes

Never-ending sacks torment coach O'Shea

Season lost. Bombers look into what went wrong as they count 70 sacks allowed

Winnipeg Blue Bombers quarterback Drew Willy, on top, gets sacked by BC Lions' David Menard in Winnipeg, on Saturday. The Bombers allowed 10 sacks in Saturday's game alone. JOHN WOODS/THE CANADIAN PRESS

He hasn't done a post-mortem on the entire season yet, but Winnipeg Blue Bomber coach Mike O'Shea confirms quarterback Drew Willy was the author of at least part of his own misfortune Saturday.

The rookie starting quarterback was sacked an offence-crippling 10 times in a 28-23 loss to the B.C. Lions that killed Winnipeg's playoff hopes.

"It was spread around the offence," O'Shea said of the mistakes that opened Willy to so many sacks.

"As Drew said in his post-game (interview), he hung onto the ball a little bit longer than he wanted to. When we watched the film there was certainly evidence of that."

He also agreed with Willy's assessment that he didn't look for open receivers as well as he should when his first target was covered.

"He hung onto his first read for longer than usual, for whatever reason."

Sacks aren't a new problem for the Bombers. They've allowed a league-worst 70.

O'Shea didn't overtly criticize his starter. In fact, he praised him for recognizing what went wrong. But the coach said he will examine the season as a whole once it is finally over.

"It's not fair to the guys that are in playing for me to be thinking about that," he said.

"I've asked them to eliminate all distractions from this point forward and focus on Calgary so if their head coach isn't going to do the same, we're not going to have good direction."

Willy will be starting in Calgary (14-2) when the Bombers (7-10) bring the curtain down Saturday on another disappointing year — their third in a row on the outside of the playoffs looking in.

"Drew's going to start for sure," said O'Shea. "How that plays out after that, I don't have a good plan yet."

The game may have little meaning for either team in terms of standings; Calgary has already locked down first place in the West (and the CFL) and Winnipeg last in the West. But O'Shea insists it's still important.

"We're going in with the idea that we're going to win this game. We're going to put plans together and try to beat Calgary … It would be great for our team, we need that. We need to salvage something."

THE CANADIAN PRESS

Nosedive

An endless losing streak, as well

The Bombers were 5-1 in July but have lost 10 of 11 since. They are currently on an eight-game losing streak.

Fans have been waiting a long time for the Bombers to return to glory. They made a losing Grey Cup appearance in 2011 but haven't won the CFL final since 1990, the longest drought in the league.

Last year they tied their worst season record in the 18-game CFL at 3-15. They responded by cleaning house in the front office and coaching ranks.

This is O'Shea's first season as a head coach.

THE CANADIAN PRESS

Kane skating non-contact

Forward Evander Kane skated with his teammates for the first time Monday since suffering a knee injury in the Winnipeg Jets' season opener but still hasn't been cleared for contact.

"Evander's back skating non-contact and he'll continue in that sweater until we get clearance from a doctor," said coach Paul Maurice.

Kane said his injury is coming along.

"They've been giving me some great treatment and my body's really responded well," said Kane, beads of sweat running down his face. "I've been lucky and I just want to continue that process and hopefully get back as quickly as possible."

Kane rejoined his teammates after a few days skating by himself. He's recovering at a quicker pace than the Jets had anticipated when he was injured in a knee-to-knee collision with linemate Mark Scheifele.

Happy

"It's nice to be back out with the guys and just pass the puck and move it around." Evander Kane

The Jets could certainly use him.

Winnipeg opens a four-game road trip visiting the New York Islanders on Tuesday night following a 2-1 overtime win Sunday night over the Colorado Avalanche. But the Jets (3-5-0) are last in the Western Conference. THE CANADIAN PRESS

Jets forward Evander Kane GETTY IMAGES

4 SPORTS

Steering clear of the turf war

Sophie Schmidt, centre, is congratulated by Christine Sinclair and the rest of her Canada teammates after scoring against Germany during a friendly game in June at BC Place in Vancouver, where the pitch is artificial turf.
JEFF VINNICK/BONGARTS/GETTY IMAGES

2015 World Cup.
Team Canada's players say they want no part in the turf-grass controversy with FIFA

Canada's women's soccer team is refusing to get involved in the turf war surrounding the 2015 Women's World Cup.

Earlier this month, a coalition of international star players, including Abby Wambach of the U.S. and Marta of Brazil, filed legal action with the Ontario Human Rights Tribunal seeking to have games played on natural grass rather than artificial turf.

The women allege discrimination, arguing that men would never play their World Cup on artificial grass.

"Honestly, it personally doesn't affect me, and I don't think it affects anyone on the team," veteran Canadian striker Melissa Tancredi said Monday. "I know that we have something special here, and all that external stuff is happening, and that's fine.

"It has nothing to do with us. We just know that we're here to perform. Whatever surface you give us, we're going to perform."

Tancredi made the comments as the Canadian women's side prepared to meet Japan in an international friendly Tuesday on artificial turf at B.C. Place Stadium in Vancouver. The game serves as part of preparations for the 2015 Women's World Cup that Canada will host next summer.

"I think it's personal preference and people being angry and having different agendas — and that has nothing to do with what we stand for," said Tancredi. "I don't want to get involved. I don't think any of us want to get involved."

The Canadian Soccer Association and FIFA, the sport's world governing body, have refused to budge on the issue.

"Everyone would love to play on grass, but it's not our focus," said Canadian captain Christine Sinclair. "We'll let other people worry about the surface, and we'll prepare for the tournament. As a Canadian, it's an honour to have the World Cup in Canada and we want to do well in it."

Lawyers for the women say temporary grass surfaces at stadiums in Vancouver, Edmonton, Winnipeg, Ottawa, Montreal and Moncton would cost $2 million to $3 million at most.

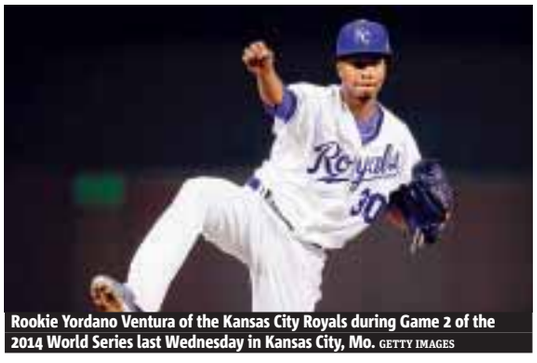
Sinclair said she is not in a position to judge.

"I have no idea," she said. "All we know is that the World Cup was given to Canada on the basis of it being (played) on turf — and we're preparing for such." THE CANADIAN PRESS

You get the hang of it

"I think it's something that your body gets used to, adapts to ... if you're not used to playing on it, the body can take a bit of a battering."
Vancouver Whitecaps' Irish international defender Andy O'Brien, who played more than 300 games in the English Premier League.

Royals in the safe hands of 23-year-old Ventura



Rookie Yordano Ventura of the Kansas City Royals during Game 2 of the 2014 World Series last Wednesday in Kansas City, Mo. GETTY IMAGES

The Royals turn to a 23-year-old rookie to save their season, but not just any 23-year-old rookie: the hardest-throwing starting pitcher in the major leagues.

Yordano Ventura gets the ball Tuesday night with the Royals trailing 3-2 in the World Series, the same position they were in when they sent Charlie Leibrandt to the mound against St. Louis 29 years ago. Kansas City won 2-1 that night on pinch-hitter Dane Iorg's two-run single in the ninth after a blown call by first base umpire Don Denkinger, and the Royals went on to blow out the Cardinals 11-0 a day later for their only title.

"We have a lot of confidence in Ventura. We have confidence that we will win every time he takes the mound," Royals first baseman Eric Hosmer said. "We know we can do it. We're a confident group. But we can't do anything without winning Game 6. We're excited to get back home, where we feed off the fans and that energy."

In a matchup of Game 2 starters, the Giants go with 33-year-old Jake Peavy.

"He's one of the toughest guys out there on the mound," Giants third baseman Pablo Sandoval said. "He wants to finish it Tuesday."

The second all-wild-card World Series has followed the pattern of the first in 2002. The Giants won the opener on the road, lost the next two games and won two in a row to take a 3-2 lead. San Francisco opened a 5-0 lead in Game 6 at Anaheim but lost 6-5, and the Angels won Game 7 the following night. THE ASSOCIATED PRESS

More MadBum to come?

Madison Bumgarner's dominant performances in Game 1 and Game 5 has put San Francisco one win away from for another parade down Market Street.

- Bumgarner, who has gone 4-0 in four career World Series starts with an 0.29 ERA, could emerge from the bullpen to help out in Game 7 if necessary.

NFL

Vick to get his chance to steer Jets out of spiral

It's Michael Vick's turn. Even though it's probably too late to save the New York Jets' season.

Rex Ryan announced Monday that Vick will start at quarterback over Geno Smith in the Jets' road game against the Kansas City Chiefs on Sunday.
THE ASSOCIATED PRESS

Premier League

QPR finally win one vs. Aston Villa

Charlie Austin scored twice to lift Queens Park Rangers off the bottom of the Premier League with a 2-0 win over Aston Villa on Monday.

Austin slotted in the opener from the edge of the area in the 17th minute and then met a cross in the 69th to fire in the second inside the near post in QPR's second win of the season.
THE ASSOCIATED PRESS

Figure skating

Canada's Reynolds pulls out of Ottawa event

Kevin Reynolds has withdrawn from this week's Skate Canada International in Ottawa as he continues to struggle with ill-fitting skates.

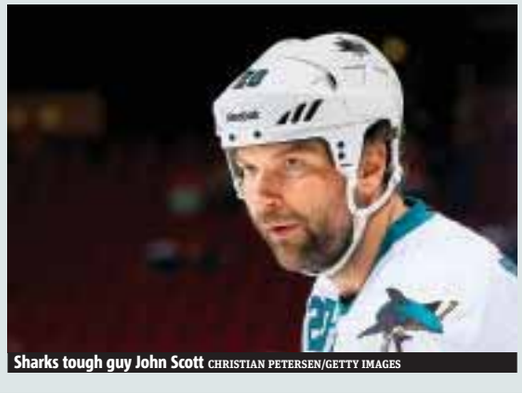
The native of Coquitlam, B.C., has had injury and equipment issues since last season.
THE CANADIAN PRESS

NHL

Sharks' Scott banned 2 games

San Jose Sharks forward John Scott has been suspended two games for his role in a fight with Anaheim's Tim Jackman.

The altercation came late in the third period Sunday night in San Jose's 4-1 win over the Ducks. Scott came off the bench on a legal line change and immediately engaged Jackman in a fight. THE ASSOCIATED PRESS



Sharks tough guy John Scott CHRISTIAN PETERSEN/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will know without understanding how you know when others are lying today. Act on your instincts when the alarm bells start to ring.

♉ Taurus
April 21 - May 21
Give yourself plenty of time to do the things that you want to do. The more others try to pin you down to plans that are not of your choosing the more loudly you should say "no".

♊ Gemini
May 22 - June 21
You will find out things about a friend or colleague that you had not even guessed at. Seems they have hidden depths — just like you.

♋ Cancer
June 22 - July 23
Refuse to settle for the same old way of doing things. Something you see or hear will make you realize there are many ways you can make life more interesting.

♌ Leo
July 24 - Aug. 23
A sudden insight into a money issue will convince you there is nothing to get worked up about. But others won't be so lucky. Do what you can to calm them down.

♍ Virgo
Aug. 24 - Sept. 23
Whatever else you do today don't get caught up in petty arguments — save your energy and passion for the really important things.

♎ Libra
Sept. 24 - Oct. 23
You must find ways to balance your head and your heart. If your inner voice urges you to be cautious, don't you dare ignore it.

♏ Scorpio
Oct. 24 - Nov. 22
A project you were once keen on is clearly not going to go any further so the sensible thing to do is to junk it altogether. Learn what you can from it and move on.

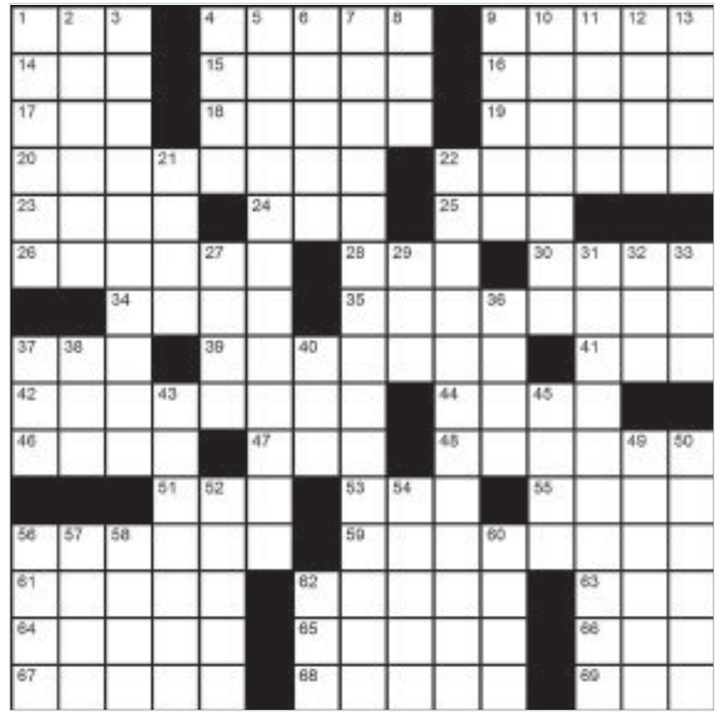
♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate you can be a force for good over the next few days. How? By acting according to your highest principles.

♑ Capricorn
Dec. 22 - Jan. 20
You must deliver on a promise you made a while ago, even if it means you have to change your plans. Your reputation could nosedive if you fail to deliver.

♒ Aquarius
Jan. 21 - Feb. 19
Just because you failed to reach a target does not mean you are a failure. Pick yourself up, dust yourself down and try again.

♓ Pisces
Feb. 20 - March 20
Don't worry too much about how you are going to do what has to be done, just greet the day with a smile and let your intuition guide you.

Crossword: Canada Across and Down by Kelly Ann Buchanan



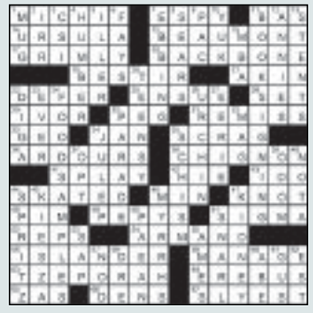
Across

1. "Chicago Fire" station
4. Instants
9. Athletic trivia
14. Songstress Rita
15. Many ___ ago...
16. "The Color Purple" (1985) character
17. Rocky hill
18. Sorrow
19. Mr. Sharif's
20. "Oh, never mind then.": 2 wds.
22. Printers make them
23. Sony co-founder Mr. Morita
24. Goblin's head?
25. Pre-Nixon Pres.
26. Callum Keith __, Canadian actor
28. Camel hair garment
30. Auctions: "Going __..."
34. Will of "The Waltons"
35. Easy-going
37. Illuminated
39. Notoriety
41. "La __ en Rose" by Edith Piaf
42. People from Halifax's province, Nova __
44. Ms. Hatcher
46. Mylene __-Robic, Canadian actress
47. Pre-U queue
48. Stature
51. East: German
53. Peer Gynt's mother
55. "Dynamite" by __ Cruz
56. Comfy fireplace feeling
59. Eddie Murphy's movie Dr. role
61. Sprang up
62. Songstress Ms. Simone's
63. Cousin on "The Addams Family"
64. Crouch
65. Ancient attractions
66. Q. "Does 'B' come first?" A. "__, '_' does."
67. Church songs
68. Brazilian author, Jorge __
69. Economic fig.

Down

1. Fairly close: 2 wds.
2. Ms. Shields
3. Adam __, #43-Down's character on '80s soap "Dynasty"
4. B.C.-mined stone
5. "One More Astronaut" band: 3 wds.
6. Fancy-sounding manuscript
7. Investors Group Field, for the Winnipeg Blue Bombers: 2 wds.
8. Grad-to-be, briefly
9. Shaggy's dog, for short
10. Gig from a placement agency.: 2 wds.
11. Jai's pal
12. Michelin product
13. Legis. meeting
21. GWTW part
22. Be an explorer in early Canada, discover some new place, do this for your King: 3 wds.
27. Yesterday, in Italy
29. Sheep's call
31. The Oil Man and the Sea: __ the Northern Gateway (2014 Governor General's Literary Awards finalist)
32. Nero's 201
33. Just manage, __ out
36. Music: __-Lite
37. Psychedelic drug
38. Here: French
40. Belonging to a Canuck train co.
43. Ottawa-born actor, Gordon __
45. "Hud" (1963) director Martin
49. Hotels name
50. Dancer's move
52. Instructions increments
54. Ms. Braga
56. Launder
57. Creative
58. Space
60. "This __ __ sudden!"
62. Firearms org.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	6	8	2	5	3	4	7	1
7	4	5	6	1	8	3	2	9
2	1	3	9	7	4	6	8	5
8	3	1	5	6	2	7	9	4
5	9	7	3	4	1	8	6	2
4	2	6	7	8	9	5	1	3
1	5	4	8	9	7	2	3	6
6	8	2	1	3	5	9	4	7
3	7	9	4	2	6	1	5	8

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INDUSTRY FUNDING RECYCLING